

## **RULES AND REGULATIONS**

### **DANCE RULES & GUIDELINES | USASF GENERAL DANCE RULES**

Competing teams must have at least 4 members. There is no maximum limit.

All dance teams, individuals, duets and trios will have a minimum time of 1 minute and 45 seconds to a maximum of 2 minutes and 15 seconds (2:15). Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music or the ending motion or pose is held. Introductions and/or organized entrances are considered part of the routine and are timed as part of the performance. All participants should walk/spirit onto the floor and immediately start their routine after spacing of first formation. Any un-sportsmanlike conduct while entering or exiting the floor may result in a one (1) point deduction.

All routines will be judged using a 100-point scale, which will then be averaged on a 10-point scale for the final score. (See Scoring & Judging Criteria for details.) The decisions of the judges are final.

### **PERFORMANCE AREA**

The main performance floor will be a 42 feet deep by 54 feet Marley dance surface.

All routines must be suitable for viewing by audiences of all ages. Vulgar or suggestive material is restricted and will result in a one (1) point deduction for each incident. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Vulgarity will be determined at the discretion of the judges and/or Event Director.

### **Crossover**

Crossover competing is allowed. A crossover fee will apply. SUBSTITUTIONS may be made in the event of an injury or other serious circumstance. Names of alternate dancers should be listed and noted as alternates on the registration form in case a substitution becomes necessary. Event staff must be notified when a substitution is made and the substitute must be listed on your list of alternates. Substitutes must also abide by the age/grade restrictions in all divisions and have a waiver on file.

## **MUSIC**

Please bring TWO HIGH QUALITY copies of your music to The FUSE Dance Challenge.

In the event a routine is interrupted because of failure of the FUSE Dance Challenge equipment, facilities, etc., then the participant(s) affected will be permitted to restart the routine from the beginning. In the event a routine is interrupted because of failure of the participants' equipment, music or supplies, then the participant(s) may be given an opportunity to continue at a later time in the division or withdraw from the competition. In the event an injury occurs during a performance, then the participant(s) may be given a specific amount of time to regroup and continue at a later time on the schedule. The amount of time to regroup will be decided by the event director or withdraw from the competition. Competition officials reserve the right to stop a performance due to an injury or due to operator error, timing of your routine will continue. No unnecessary team members, parents etc. are allowed at the music table.

## **WAIVERS**

All participants must submit a signed waiver form prior to performing. This can be in the form of a Team Waiver Form or an Individual Waiver Form. NO EXCEPTIONS!

## **WEATHER POLICY**

The FUSE Dance Challenge will NOT cancel any event due to weather conditions. The competition will go on regardless of rain, sleet, hail or snow! Please make all necessary arrangements so that you will not have any problems traveling to the event on time. Keep an eye on the local and national weather forecasts so that you are prepared for any inclement weather. NO refunds or expense reimbursement will be given for teams missing their scheduled competition time.

## **GENERAL**

All teams must be supervised during all official functions by a qualified director/advisor/coach

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

All directors, advisors and coaches should have an emergency response plan in the event of an injury.

Shoes are required at all times. Wearing socks only or one shoe is prohibited in all divisions.

Jewelry as a part of a costume is allowed.

All costuming should be age appropriate and acceptable for family viewing.

## **TUMBLING AND TRICKS**

Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs.

### **ALLOWED**

Forward/Backward Roll

Shoulder Roll

Round-Offs

Cartwheel

Headstand

Handstand

Backbends

Walkover - Front/Back

Stalls

Head Spins

Windmills

Kip Up

### **NOT ALLOWED**

Dive Rolls

Aerials - Side/Front

Front/Back Handsprings

Front/Back Tucks

Side Somi

Shushunova

Dive Rolls (In any position)

Head spins without proper hand support

## **DANCE LIFTS AND PARTNERING**

Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down. The lifting dancer(s) must maintain direct contact with the

performance surface at all times. The lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s) through hand/arm to body contact. Hip over head rotation of the lifting dancer(s) may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer(s).

Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.

All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)

All tosses including toe-pitches are prohibited

Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.

## **CHOREOGRAPHY**

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate.

All costuming and makeup should be age appropriate and acceptable for family viewing.

## **PROPS**

Wearable and handheld items are allowed in all divisions and can be removed and discarded from the body.

## **DIVISION CATEGORIES AND GUIDELINES**

### **DANCE STYLES**

**HIP HOP** - Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity and musical interpretation. Routines may also put an additional focus on athletic incorporations such as jumps, jumps, jump variations, combo jumps and other kicks. No props allowed in this division.

**POM** - Routines should emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc. All styles of dance

may be used. Poms must be in hand for at least eighty percent (80%) of the routine. Leaps, turns and jumps will be allowed. No other props allowed.

**OPEN** - Open division emphasizes variety, creativity and fun. Routines should incorporate a minimum combination of two (2) dance styles listed above. Props may be used in this division.

## GLOSSARY OF TERMS

**Airborne** - To be free of contact with a person and/or the performing surface.

**Back Walkover** - A none airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

**Cartwheel** - A none airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

**Dive Roll** - An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

**Front Walkover** - A none airborne tumbling skill where one rotates forward through an inverted position to a none inverter position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Handstand** - A straight body inverted position where the arms are extended straight by the head and ears.

**Head Spin** - A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

**Headstand** - A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

**Kip-up** - From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.

**Lifts** - An action in which the partner is elevated to any height and set down. Refer to the USASF Rules for Dance Lifts and Partnering for a full definition.

**Hip over head rotation** - A movement where hips move over the head, as in a back walkover or similar tumbling skill.

**Partnering** - Any type of trick that uses two individuals, one using the other for support.

**Pony Sit** - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

**Prop** - An object that can be manipulated.

**Shoulder Roll** - A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

**Shoulder Sit** - Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

**Stall** - A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

**Thigh Stand** - With bases in lunge positions with one leg bent and one leg straight, lifted dancers feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancers leg and the other hand bracing the foot.

**Toe Pitch** - A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

**Toss** - An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

**Windmill** - Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.